

## Member Newsletter

October 2022

### TIPS TO BE YOUR HEALTHY BEST

October is Breast Cancer Awareness Month. Here's what you need to know about risk factors and screenings.

Breast cancer awareness comes every October, but for women, it should be year-round. Know your options for screening, when you should get screened, and how to go about getting them. Breast health is important every day of the year.

Because every woman is at risk of getting breast cancer as she ages, take time to [learn about the risks](#) that can be changed, those that cannot, and how regular screenings can help you or the women in your life.

[Read more](#)



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## TIPS FOR MEMBERS

*Information to help you understand and make the most of your healthcare*

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If your group does not have pharmacy coverage, your employees did not see this content.

### A NEW WAY TO SAVE ON PRESCRIPTION DRUGS

Capital Blue Cross has teamed with Mark Cuban Cost Plus Drug Company to give you greater access to low-cost drugs.

Discounts can be as large as 80% below retail!

Prescription drugs you need, with transparency and affordability you want.

As the name of the company suggests, Cost Plus Drugs is affiliated with billionaire entrepreneur Mark Cuban, who's looking to disrupt the drug industry by offering online low-cost generic drugs and transparent pricing. Take these three easy steps to see how much you may save.

- Visit our [website](#) for more details.
- Search for your prescription drugs.
- Create an account, request your prescriptions, and place your order.

Capital Blue Cross is providing information about Mark Cuban Cost Plus Drug Company as a service to our members and the community in furtherance of Capital's mission and purpose. Capital does not in any manner endorse, assume responsibility for, or recommend the use of any drug or pharmacy described by Mark Cuban Cost Plus Drug Company.

[Learn more](#)



## TAKE YOUR HEALTH PLAN WITH YOU WITH THE CAPITAL BLUE CROSS APP

When you download the Capital Blue Cross app to your smartphone, you carry your health plan with you.

Enjoy easy access to your health benefits on the go with the Capital BlueCross member app. When you download the app to your smartphone or tablet, you can:

- Check claims and balances.
- View benefits and coverage.
- View, share, and request member ID cards.
- Reach us with any questions or concerns.

Find how easy it can be to access your health plan from the palm of your hand. Download it today!





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## MEMBER WELLNESS

*Information to live well*

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### OCTOBER IS NATIONAL DENTAL HYGIENE MONTH

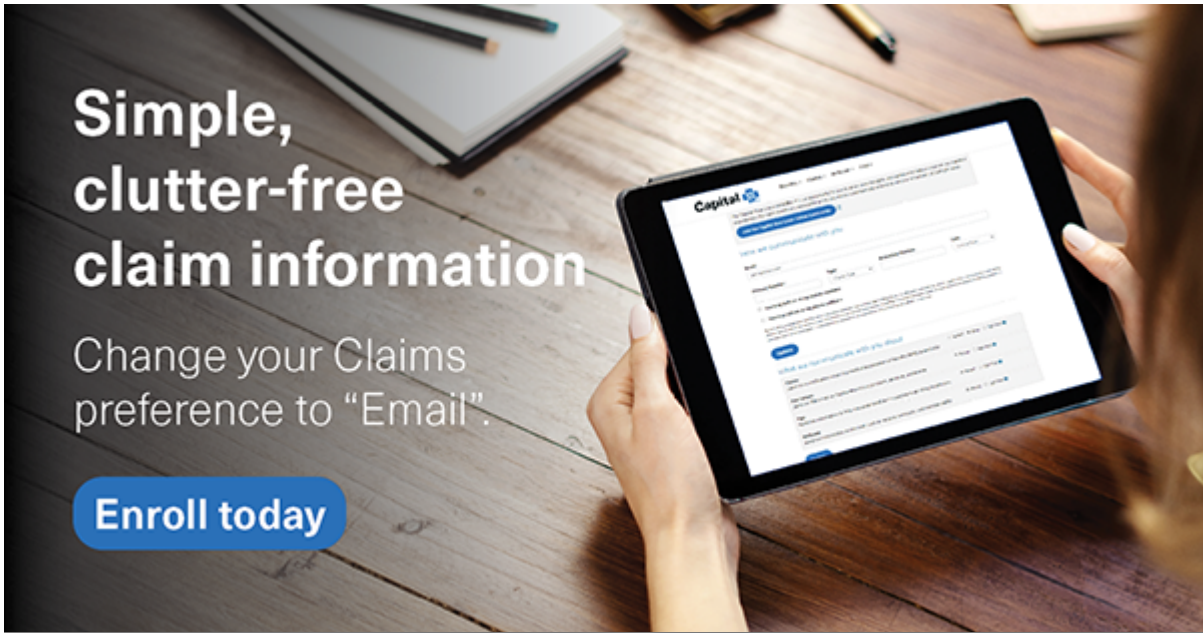
Did you know your dental health is related to your overall health? Get into the habit of regular exams and routine brushing and flossing.

Good dental hygiene isn't just about your smile. Studies have shown oral health impacts your whole body health too. Poor oral hygiene has been related to health problems as serious as heart disease, stroke, and even cancer.

This year for **National Dental Hygiene Month**, start putting into practice these three important things:

- Brush at least twice a day for a minimum of two minutes each time.
- Floss daily to remove plaque.
- Get regular dental exams for routine cleaning and maintenance.





# Simple, clutter-free claim information

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